

## PST/INTERVIEWS FOR JAPAN

### Dates for 2003

JAN	FEB	MAR	APR
TBD	2/22	TBD	TBD
MAY	JUN	JUL	AUG
5/24	TBD	TBD	8/23
SEP	OCT	NOV	DEC
TBD	TBD	11/22	TBD

Time TBD

### LOCATION

TBD

### DIRECTIONS

Located in building 2053. Enter through the main gate straight for 1/4 mile, as the road turns to the right, take the major branch to the left and look at the large fenced compound, 27' Monark boat with EOD painted on the wheelhouse...take the outside stairs to the second deck (next to trucks).

Contact info is at end of email.

Winter PT test starts at Seaside Pool (in water at 1100), and Green beach Pool in the summer (same time).

PT training is same time on Saturdays at Pool, followed by 1300 at Fleet Rec Center, 5th Floor aerobics room.

Test dates are 2/22, 5/24, 8/23, and 11/22 (all other months approximately the same).

#### GEAR LIST

Candidates are required to arrive 15 minutes early with the items listed below:

The original approved special request chit  
Service and Medical Record

Military identification card

T-shirt, dungarees or cammies, and boots for SEAL  
candidates

T-shirt, shorts, and running shoes for SWCC candidates

Swimsuit and towel

Drinking water

Upon Successful completion of the PST

Candidate will be interviewed, IAW MILPERSMAN 1220-150.

Interview requirement items:

- (1) Uniform of the day
- (2) The original approved special request chit
- (3) Military ID
- (4) Service record
- (5) Medical record
- (6) Wavier(s) (See Waivers)

#### NOTE:

Cancellations or rescheduling of a scheduled PST can be  
Requested via

Email: Email: [PST Reschedule](#)

Or Mail to: PSTcoordinator@navsoc.navy.mil